

Giving an Effective PCIT Time Out: Simple

Step	Parent Action	Example
1	Parent gives a direct command and child does not comply	"Please give me the yellow Lego." (Child ignores parent)
2	Parent counts silently to five	(Count silently): "One, two, three, four, five." (Child continues to ignore parent)
3	Parent gives warning	"If you don't give me the yellow Lego, you are going to have to sit on the chair." (Child continues to ignore parent)
4	Parent counts silently to five	(Count silently): "One, two, three, four, five." (Child continues to ignore parent)
5	Parent gives explanation	"You didn't do what I told you to do, so you have to sit on the chair."
6	Parent takes child to time out	(Parent stands up immediately and takes child to the time out chair)
7	Parent gives direct command to sit on chair	"Stay on the chair until I tell you that you can get off."
8	Parent waits for 3 minutes plus 5 seconds of quiet	(Child sits quietly for 3 minutes and 5 seconds of quiet)
9	Parent asks child if he/she is ready to return and comply with original command	"You are sitting quietly in the chair. Are you ready to come back and give me the yellow Lego?" (Child says, "yes.")
10	Parent waits silently for child to comply (may point or signal)	(Parent points to the yellow Lego)
11	Parent acknowledges compliance	"Thank you."
12	Parent gives follow-up command	"Now please put the green Lego in the container." (Child complies)
13	Parent give enthusiastic labeled praise for compliance	"Great job of following directions!" ENTHUSIASM HERE!!!

